

# Super Snack Ideas

- Low-fat or non-fat yogurt topped with your favorite cereal
- Fruit milkshake
- Reduced-fat cheese slices and crackers
- Pudding made with skim milk
- Fresh fruit
- Vanilla wafers, animal crackers or ginger snaps
- Fig bars
- Frozen grapes or banana slices
- Cereal and milk
- Bagel with low-fat cream cheese
- Raisin toast with real fruit spread
- Baked tortilla chips and salsa
- Angel food cake topped with fresh strawberries
- Dried fruit like raisins or apricots
- Raw vegetable sticks with low-fat dip
- Canned fruit packed in its own juice or water with cottage cheese

*Michigan Department  
of Community Health*



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